

Slow-Cooker Short Ribs

1/2 cup all-purpose flour
4 Lbs. boneless short ribs (beef)
1 tsp kosher salt
1/2 tsp fresh ground black pepper
2 Tbs. olive oil
1 cup red wine
1 can beef broth
1 large onion, chopped
2 Lb. bag sauerkraut
1 medium head cabbage
1/2 tsp. thyme
4 large clove garlic, minced (1 tsp.)
1 Lb. sliced mushrooms

Put the flour in a plastic bag with salt and pepper. Shake the ribs in the mixture. Shake off the excess flour. Heat a 12-inch skillet over medium heat. Add the olive oil and when hot add ribs to the skillet. Cook until browned, turning once, about 5 minutes. Transfer the ribs to a slow cooker. Add the wine to the skillet. Scrape up any browned bits from the bottom of the skillet and pour the contents of the skillet into the slow cooker. Add beef broth, onion, garlic and thyme. Cover and cook on low heat for 3-4 hours. Core and shred the cabbage. Wash the sauerkraut with water and strain. Add cabbage and sauerkraut to the slow cooker. Cook 8-9 hours the meat will be very tender and almost falling off the bone. Transfer the chops to a platter and cover with foil to keep warm. Pour the sauce from the slow cooker into a large skillet. Simmer over medium heat until reduced to about 2 cups, 10 to 15 minutes. Season to taste with salt and pepper.